

**Community  
Action to  
Reach the  
Elderly (& Disabled)  
in San Diego County**



Fall 2006

For Information,  
Call 1-800-510-2020

## Home Repair Effort Seeks Fix-It Volunteers

By Maxine Fischer, AARP  
and Melissa Dennison, Jewish Family Services

Most seniors want to continue to live independently in their own homes, but, for some, this becomes an unsafe situation. Many seniors or their caregivers do not have the physical ability or knowledge to perform minor home repairs nor the necessary funds for repairs that could improve their safety and wellbeing.

AARP California, Jewish Family Services of San Diego and Aging & Independence Services are uniting to offer minor home modifications and repair services for low-income San Diego County homeowners and renters at *no cost* to them. The goal of the program is to keep people living in comfort, safety, and independence, while helping to build better neighborhoods in San Diego.

Services include such repairs as mounting grab bars and hand-railings, installing smoke and carbon detectors, and providing other minor home safety repairs. Instead of needing to move into assisted-living facilities, these repairs allow seniors to stay in their homes safely.

You can help! Whether you are a skilled contractor



Maxine Fischer with AARP and Melissa Dennison with Jewish Family Services show the toolbox donated for Fix-It volunteers.

or need directions to put in a light bulb, we need you. There is a place for everyone willing to help.

Attend an introductory event so you can learn more about how you can become a "Fix-It" volunteer and get involved in the life of a senior in need. The event will be held from 3 to 5 p.m. Sunday, Sept. 10, at College Avenue Senior Center, 4855 College Ave., San Diego.

Reservations required by Sept. 5; call Melissa at (619) 229-2654, or email [fixit@jfsd.org](mailto:fixit@jfsd.org).

## Project CARE Update

By Marty Dare  
Project CARE Coordinator

AmeriCorp/Vista volunteer Emily Merritt completed her year of service with Neighborhood House Senior Center, benefiting all the components of its Project CARE program. Coming from Milwaukee, Wis., Merritt is planning to stay in San Diego to pursue her career as a social worker. Neighborhood House continues to offer all components of Project CARE in the following San Diego ZIP codes: 92102, 92113, 92114, and



Emily Merritt

92139. For more information on services at that site, call (619) 263-2108.

Project CARE now has an official Web site for more information about its components and partners, plus events. See <http://www.localcommunities.org/lc/projectcare>.

Updated Project CARE rosters will be available for coordinators at the next quarterly meeting set for 10 a.m. Thursday, Oct. 5, at Aging & Independence Services, 9335 Hazard Way in the Kearny Mesa area of San Diego. Owing to the work of volunteer and SDSU Gerontology graduate Rachel Andrada, the

UPDATE -- Continued on page 2



**AGING & INDEPENDENCE SERVICES**  
COUNTY OF SAN DIEGO ■ HEALTH AND HUMAN SERVICES AGENCY

EDITOR: Denise Nelesen, LCSW  
Phone: (858) 505-6474  
Fax: (858) 495-5080

# Project CARE Components

The core programs of Project CARE include:

- Daily "Are Your OK?" phone checks
- Vial of Life emergency medical histories
- A Safe Return program for memory-impaired persons

- Minor Home Repairs
- Postal Alert
- Gatekeeper

## Fee Changes for Safe Return Program

As noted above, the Alzheimer's Association's Safe Return program has always been a core element of Project CARE. All of the sites provide registration materials and/or referrals to the program, which is designed as a safety net for persons with Alzheimer's disease who may wander and become lost.

This month, the national Alzheimer's Association begins a new fee structure for the program. Persons who are already enrolled in Safe Return will not be affected by these changes; this is only for persons who enroll beginning this month and onward.

- The initial enrollment fee will remain \$40.
- A year following enrollment, participants will be asked to pay an annual fee of \$20.
- The fee for ID jewelry for caregivers will increase to \$15.

Partial or full scholarships will continue to be available for those who cannot afford the fee.

New brochures will be made available reflecting these changes. For more information, contact Anna King at (858) 492-4400, ext. 109.

**UPDATE -- Continued from page 1**

rosters reflect all current sites, contacts, and ZIP codes served. New partner lists will also be available, along with local contacts for other potential partnerships.

To be added to the email list for the meeting agenda, contact Marty Dare at (858) 505-6300, or [martin.dare@sdcounty.ca.gov](mailto:martin.dare@sdcounty.ca.gov). Meetings include Project Care site representatives, partner organizations, and individuals interested in working with the programs. NOTE: The next quarterly meeting is being moved from its usual date this quarter only.



*Wheels of Hope for ElderHelp -- ElderHelp of San Diego, a Project CARE site, received a donation of this 30-foot motor coach from 10,000 RV to help serve needy San Diego residents by delivering meals, supplies and services. County Supervisor Ron Roberts and City of San Diego Councilwoman Atkins were on hand at the unveiling.*

## AARP Welcomes Partnerships

Every year in October, AARP reviews its strategic plan and activities of the current year, and begins the planning process for the next year. Priorities are reviewed and determinations are made on how resources will be spent for the next year.

AARP often partners with community organizations that may share a common goal. In 2006, AARP California's Executive Council determined the following areas as priorities: Social Security, Caregiving, Home and Community Based Services, Medication Affordability, Consumer Protection and Home Modification. The priorities for 2007 are expected to be similar.

If you represent a community agency and are interested in more information on partnering with AARP, contact Maxine Fischer at [mfischer@aarp.org](mailto:mfischer@aarp.org).

## Send Us Your News

This Project CARE newsletter seeks contributions of stories, photos, etc., anything of interest to coordinators of Project CARE sites or those who wish to help seniors remain safely in their homes.

Send material to: Denise Nelesen, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123. Or you can send an email to: [denise.nelesen@sdcounty.ca.gov](mailto:denise.nelesen@sdcounty.ca.gov)

Next Project CARE meeting:  
10 a.m. Oct. 5 at AIS, 9335 Hazard Way